



Chicken and Black Bean Tostadas

READY IN



20 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz old el taco dinner kit
- 2 cups rotisserie chicken cut shredded chopped (from 2-lb chicken)
- 1 cup black beans canned
- 2 oz queso fresco crumbled
- 0.5 cup tomatoes chopped
- 1 leaves cilantro leaves fresh

Equipment

- baking sheet

sauce pan

oven

Directions

Heat oven to 375°F.

Place tortillas (from dinner kit) on large cookie sheet. Spray both sides of tortillas with cooking spray.

Bake 5 to 6 minutes, turning once, until lightly browned around edges.

Meanwhile, in 2-quart saucepan, mix chicken and black beans. Stir in seasoning mix and two-thirds of the enchilada sauce (from dinner kit). Cook over medium-low heat about 5 minutes, stirring occasionally, until hot.

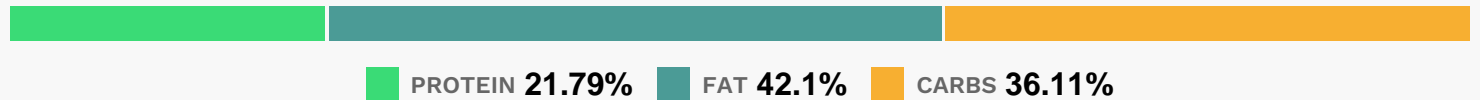
On each tortilla, spread 1/3 cup chicken mixture; top with scant tablespoon of remaining enchilada sauce.

Sprinkle with cheese and tomato.

Garnish with fresh cilantro leaves.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:20.35, Inflammation Score:-3, Nutrition Score:7.6313042329705%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 556.13kcal (27.81%), Fat: 26.07g (40.11%), Saturated Fat: 14.88g (93%), Carbohydrates: 50.31g (16.77%), Net Carbohydrates: 47g (17.09%), Sugar: 32.78g (36.42%), Cholesterol: 89.5mg (29.83%), Sodium: 381.33mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.26mg (3.09%), Protein: 30.36g (60.71%), Phosphorus: 168.88mg (16.89%), Calcium: 145.27mg (14.53%), Folate: 54.6µg (13.65%), Fiber: 3.31g (13.24%), Magnesium: 48.22mg (12.05%), Copper: 0.22mg (10.81%), Manganese: 0.21mg (10.48%), Vitamin B1: 0.16mg (10.4%),

Vitamin B2: 0.17mg (10.28%), Vitamin B12: 0.53µg (8.82%), Potassium: 297.06mg (8.49%), Selenium: 5.48µg (7.82%), Iron: 1.32mg (7.33%), Vitamin B5: 0.54mg (5.39%), Vitamin A: 246.14IU (4.92%), Vitamin K: 5.03µg (4.79%), Zinc: 0.65mg (4.31%), Vitamin B3: 0.55mg (2.77%), Vitamin B6: 0.05mg (2.52%), Vitamin E: 0.33mg (2.21%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.26µg (1.7%)